

# Rudolph Valentino Tells:

## "How You Can Keep Fit"



Rudolph Valentino

"**K**eeping Fit is the first law of a successful life. The man or woman who is indifferent to physical health is like a musical instrument that is out of tune and is just that far from being what he or she should be."

*R. Valentino*

Unless he kept himself in superb physical condition Valentino could never hold his place as super-star among the stars.

The methods he uses will keep any man or woman adopting them in the same state of physical perfection that he is in.

If you honestly wish to possess 100% health-vitality-efficiency "How You Can Keep Fit" by Rudolph Valentino will be of decided value to you.

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Yours for Health and Vigor

*Rudolph Valentino*

*How*  
**You Can Keep Fit**

**RUDOLPH VALENTINO**

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## PREFACE

**K**EEPING fit is the first law of a successful life. "Self-preservation is the first law of nature," according to the axiom that we were taught in our early school days, but that is practically another way of saying the same thing. Keeping alive and keeping fit mean very much the same.

The man who is indifferent to his physical health is like a musical instrument that is out of tune. He is just that far from being what he should be. There is no excuse for one who fails to realize approximately one hundred per cent of his potential energy and power.

It is very obvious that motion picture work requires the highest degree of physical vigor and athletic fitness. Otherwise one could not live up to the requirements of the silver screen. But it is just as obvious that men and women in other lines of work, if they would accomplish their best work, must be strong, enduring and full of energy.

What we need first of all is an ideal of athletic fitness. If we hold to this ideal we will so live as to build up our bodies into the splendid examples of living sculpture that we were intended to be. The purpose of this book is to help establish this ideal and in a practical way to realize it.

THE AUTHOR.

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# How You Can Keep Fit

## CHAPTER I

### My Athletic Life Has Helped Me Climb the Ladder of Success

**F**OR such success as I have had I owe a great deal to the athletic life I have led since early childhood.

The motion picture screen calls not merely for actors, but for men and women who approximate or approach certain ideals of excellence. There must ever be the suggestion of vigorous manhood and glorious womanhood.

But not only for artistic reasons must one have health and strength, for the mere ability to endure the exactions of motion picture work is dependent upon a foundation of constitutional strength and hardihood.

Work in the pictures is synonymous with strenuous life. In order to secure a given scene the company sometimes must work for hours or days doing a certain thing over and over again until it is just right, even though in the finished picture this particular scene may occupy only a few "feet," or a fraction of a minute. In the making of a picture like "The Sheik," for instance, it was necessary to spend days galloping under the desert sun of Southern California, riding like mad with a make-believe Arab band. Such work calls for endurance and a muscularly vigorous body.

The work is also not without its dangers. One does not take unnecessary risks, but there are some risks that



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are unavoidable and in which one depends upon quickness of eye, steadiness of nerve and perfect coördination of muscles.

As I say, I owe my ability to make good along these lines to my life-long athletic activity. The open air of sunny Italy was my playroom from the time of my earliest recollections. Every fence was a challenge to my childhood strength; every tree was an opportunity. I would come home from school each afternoon with my clothing torn from my climbing escapades, much to the discomfort of my mother, but with more or less approval upon the part of my father. Most of the men folks in my family were army officers, which meant that the family traditions were those of manly strength and hardihood. Probably it was from them that I inherited a liking for the outdoor life. Every variety of open-air play appealed to me.

Growing up in this way I was ready for further indulgence in athletic sports in my military school days. I was not a star athlete and did not usually win medals, but I went in for all sorts of sports and became a good all-round athlete. Particularly I was devoted to swimming, rowing, bicycle-riding, soccer football and horseback-riding. I think my favorite of all exercises at this time was riding. As a result of this I am as much at home on a horse as I am on my feet. Anyone, of course, can learn to ride, but I grew up with it. It is such horsemanship that is necessary in order to introduce just the right spirit into the racing riding scenes in a picture like "The Sheik." During recent sojourns in New York City I have made it my business to enjoy at least a certain amount of riding in Central Park, although one does not have the freedom there that one finds in the open spaces of California.



## MY ATHLETIC LIFE AN AID TO SUCCESS

For the development of my chest and shoulders I am indebted very largely to a combination of swimming and wrestling. The "catch-as-catch-can" style was not so popular, but we paid a great deal of attention to the Graeco-Roman wrestling, which calls for those holds above the waistline and exclusive of the legs. The Graeco-Roman wrestling has to do therefore chiefly with the arms and shoulders, and by the time I was fourteen I was already fairly proficient along these lines. I had a brother who was two years older with whom, from the earliest days I can remember, I was always wrestling. On holidays we would wrestle at home for my father, and I always won, in spite of the fact that my brother was both taller and heavier.

Then I have always been devoted to swimming. Everyone knows that this is an exercise that expands the chest and builds up all of the muscles of the shoulders, together with those muscles across the chest, across the upper back and under the arms, which have to do with arm action. The crawl stroke is my favorite, and I recommend it to anyone who wants a really vigorous development exercise.

The soccer football which we played in my school is quite different from the American collegiate football, the latter being a sort of American evolution from the old English Rugby game. Soccer football does not call for such rugged strength, but let me tell you that it is a game which demands the utmost in the way of wind and endurance as well as speed. It keeps one in action all the time.

Speaking of endurance, I recall how hard I tried to find a place on the track team at our school. I was not a sprinter, but having naturally good endurance, because of my all-round athletic life, I could last a fairly long time at a good stiff pace. There was one little stunt that

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I tried when training to make the track team. In order to improve my wind I used to put a little sponge in my mouth to breathe through. On the sponge I placed a little pepsin tooth-paste, the fragrance of which I inhaled, thinking that it would help to sharpen my wind. It seemed to be quite successful, although it was probably the running rather than the pepsin that accomplished the result.

Bicycle-riding helped materially to develop my legs, along with running, but it was rowing that helped to develop the strength in my back muscles, which can be seen in my photographs. I may say that I regard these back muscles as the strongest muscles in my body. I have always loved the water, and I had very good reason to be grateful for my proficiency and strength in this line when we had occasion to make the picture entitled "The Young Rajah." It seems that one always has an opportunity to make good use of anything that he has acquired in his youth. I was supposed to be a college student and a member of the racing crew in this picture. In staging the racing scenes we were able to secure the rowing crews from the University of California, to give the story a true collegiate atmosphere and also the correct athletic form. Of course I had never pulled an oar in a shell, but my lifelong adventures with row-boats and sail-boats on the Neapolitan waters had given me a background and a foundation which enabled me to step into the requirements of the picture. The college boys were all in fine training, but they said that I had done my share when we had finished the three mile course of the race in the picture. You can see readily what a laughing-stock I would have been if it had been necessary for someone to double for me because I could not stand the gaff of a long pull.

## MY ATHLETIC LIFE AN AID TO SUCCESS

You will see from all this that my athletic experiences and all-round physical strength have been absolutely indispensable in my work. One simply cannot "get by" on any other terms. However, not only should one have an athletic background in youth, but there is the further problem of keeping fit now and for the future. To be of assistance in this direction is the purpose of this book.

The truth is that in order to keep the human body strong, flexible and in tip-top shape one simply must keep up enough physical activity to insure a maximum of condition. Just as soon as one becomes lazy or careless he begins to slip back. There is no reason why one should slip back. There is every reason for keeping up, and if you cannot have the advantages of athletic, outdoor sports then you simply must maintain a system of physical training that will keep every part of the body tuned up.

Personally, I have never allowed anything to interfere with my policy of keeping fit. Of course the details of my physical training must be adapted to the environment and the conditions under which I am living or working.

When working in pictures in California I make it my business to be in bed by 10:30, if not sooner. Ten-thirty is the extreme limit. To stay up any later than that is dissipation in its most exaggerated form. Only a few big yearly events ever tempt me to ignore this retiring hour of 10:30; at least when working in pictures. The truth is that I could not keep up with the exacting demands of my work otherwise. Sleep means recuperation, and perfect recuperation is absolutely indispensable when one is working hard.

In California I always arise at six o'clock, and then put in about forty-five minutes in my gymnasium at boxing, wrestling and throwing the medicine ball. After such a work-out I have a shower, dress and am ready for break-

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fast. At 7:30 I am at the studio and ready for anything that may transpire in the form of a day's work. And I can assure you that this is sometimes as strenuous as anyone may wish for. Very often at the end of a day's work it is my plan to enjoy a horseback ride in the evening, the weather and circumstances permitting. There is no place in the world like California for a wild gallop into the hills.

When travelling, however, or living in New York City, as I have had to do at times, it has been necessary to depend upon a system of setting-up exercises. I have reduced these to a well-rounded system which I am presenting in this book. Also, as I have said, in New York City I make a practice of riding in Central Park each morning, and in addition to this I secure considerable exercise by swimming in the pool at the hotel, by brisk walking, and by a work-out in a gymnasium twice a week.

In what I have said I do not mean to imply that athletic fitness is any more important in motion picture work than in the practice of any other profession. One never knows when he may encounter an emergency, no matter what the nature of his professional work or business.

One may not need to ride a horse or pull an oar, but he will always need a reserve of nerve strength and functional vigor. A man should always have that reserve vitality that goes with a well developed body. In other words, what you need is constitutional vigor, and you can build that by living an athletic life.

One never has enough strength until he has more than enough strength. One should have reserves of power, and you might just as well have an unlimited store of vitality as not.

For this is really the basis of success.

## CHAPTER II

### Keeping Fit Every Day

**I**N the following pages I am giving an all-round system of exercises which anyone can practice in his own home, morning or evening, without apparatus or expense.

You will find that in the list of exercises given every part of the body is provided for. It would have been possible to include a wider variety of movement for each part, but for practical purposes for everyday training it would be unwise to attempt to do too many kinds of exercises. I have therefore limited the number of these movements in such a way that a period of fifteen to twenty minutes each day would be sufficient.

At the time of writing this and the taking of these pictures it has been many months since I have enjoyed the freedom of outdoor life in California. I have always been enthusiastic about outdoor sports, for they represent the ideal life, but while living in New York City, or travelling, it is impossible to find much opportunity for rowing, riding, swimming and the other open-air diversions that I was accustomed to in California. But this is a situation in which many of my readers will find themselves. Most business men are more or less confined and restricted in their opportunities for activity. They are in the same boat, so to speak, as I have been these months past. A set of exercises, however, such as I am offering is amply sufficient to keep any one physically vigorous and well tuned up. The photographs show how I have maintained my muscular condition and general fitness under the restrictions of city life and travelling.



## HOW YOU CAN KEEP FIT

It is not necessary to spend much time at these exercises. Approach them with a spirit of energy and concentration. Let one follow after the other, but making no attempt to exhaust yourself. Your exercises should be stimulating rather than fatiguing. Continue each movement until only slightly tired and then go on to the next one, making sure that you do each one with spirit and energy.

These exercises have been arranged in the order of their importance so that if you should happen to be interrupted before you are finished with them you will at least have done the more important of them, no matter at what point you may have to stop. I realize that this is not the method most satisfactorily used by those physically weak, but this book is more for those who desire to retain good health or to improve an already fairly normal body.

The first exercises have to do with the flexibility and strength of the spine, being movements for the neck and back. After that, we take up movements for the chest and shoulders, and following them, exercises for the strength of the stomach and abdominal walls. If you are limited in time it is more important that your exercises should involve the trunk of the body, the back, chest and the whole region of the vital organs, than that it should strengthen the arms and legs. The limbs get more or less exercise anyway. Most people who need physical culture very badly are especially soft or flabby about the trunk of the body.

We will start out with exercises for the neck, not so much because they have to do with muscular development, but because they play such an important part in keeping the spine straight, flexible and strong. If you go to an osteopath or chiropractor, you will find that a great deal

### KEEPING FIT EVERY DAY

of his attention will be given to manipulations of the head and neck, by which he will take the kinks out of your upper spine.

These exercises for the neck are very valuable in this respect. To be stiff-necked physically is just as bad as to be stiff-necked in a figurative sense. Keep your spine flexible and straight. These exercises will help to improve your bodily posture and to give you a well-set-up appearance.



## EXERCISES 1 AND 2

**T**HESE exercises for the neck, which are primarily for the upper spine, to be effective must be performed with a vigorous stretching action. Let it be understood throughout all of the exercises given that the manner of execution has everything to do with successful results. Every movement should be performed with energetic stretching, otherwise it is of no value.

This exercise is stimulating, because it loosens the vertebræ of the upper spine and acts as a tonic upon the central nervous system. If you realize that you are exercising your spine rather than your neck, you will take more interest in it.

First bring the head far forward, stretching hard, and then bring the head far backward, looking directly upward as in the second photograph. It is more important to do it energetically a few times than to do it a great number of times carelessly. Do it ten times.





#### EXERCISES 3 AND 4

**T**URN your head far to one side and then to the other, stretching the chin as far over each shoulder as you can with comfort. This twisting of the upper spinal vertebrae is most important, although this exercise is also effective for building up the structure of the neck and throat. For those who have a double chin this is most valuable, particularly the stretching movement of the chin.

The second exercise is partly for the back, partly for the neck. Among wrestlers it is known as the "bridge," part of the weight of the body being supported by the head. You can make this very effective by the movement of lowering the body to rest upon the floor and then raising the back to this position. Support part of the weight on the hands, if the neck is quite weak and poorly developed, gradually relying more and more upon the neck muscles. Repeat five or ten times. This is a pure strength-building exercise.



## CHAPTER III

### The Foundation of Strength Is a Good Back

**J**UST as backbone in a moral sense is the most important factor in a man's make-up, just so is strength of the back the first requirement in one's physical make-up. Unless one has a strong back, he has no strength whatever. The backbone is the central and dominating structure of the human body. It is that which makes man an upright creature. His health depends upon it, his bodily carriage depends upon it, all of the parts of the body are subordinate to it.

Perhaps I may be pardoned for explaining, as I already have, that the strongest muscles of my body are those of my back, thanks partly to a great deal of rowing while I was growing up. If you will study the photographs of the small of the back, those just above the waistline, and below the shoulder blades, you will note the conformation of these muscles as being especially rugged. Such strength in the back enables one to go through many things which one of limited development in this respect could not attempt.

The matter of elasticity or flexibility of the spine has already been referred to. The exercises presented in the following photographs are all intended to bring about this flexibility of the backbone, but also they are intended to build strength. Anything that you may attempt either in a gymnastic line, or in the handling of objects external to the body, calls for strength of the back. Horseback-riding, weight-throwing, ball-playing, even running, call

### THE FOUNDATION OF STRENGTH IS A GOOD BACK

for strength in this part of the body. Rowing is of all outdoor sports the most valuable for strengthening the back, and I would particularly recommend this great exercise whenever possible for this reason, in addition to exercises such as are given here.

I should call attention to the further value of these few exercises by way of stimulating the vital organs. All body-bending, body-twisting movements directly stimulate the internal vital organs. They squeeze the liver, they massage the stomach, they first stretch and then compress all of the internal parts, so as to wake them up and energize them. In fact, these few exercises, intended primarily for the back, have a tonic effect upon the entire "department of the interior."

I would suggest, if you ever find that you have time for only two or three minutes of exercise, that you devote yourself to the movements given in the following five photographs. They are a condensed system of exercises for the internal organs all in themselves.

## EXERCISE 5

**T**HIS body-twisting exercise should, without fail, be a part of any system of setting-up exercise, for the reason that it accomplishes a result obtained in no other way, that of "wringing" the spinal column, first in one direction, then in the other, thus maintaining elasticity.

With arms outstretched at the sides, bring the body far around to one side, then, swinging back, far around to the other. Stretch in each case so as to twist the spine as much as you can, also stretching the internal organs. As far as possible twist above the hips, holding these in place.

This twisting movement involves the same great fundamental swinging action that one finds in swinging a scythe, sowing grain, swinging a ball bat, and any number of those other natural activities which promote health and long life.

(Editor's Note: Attention is particularly called to the exceptional muscular conformation of Mr. Valentino's back muscles, notably those running from the small of the back upward.)





## EXERCISE 6

**T**HERE are many ways in which one can do side-bending exercises, bending first to one side and then the other. You can do it with your hands on your hips, or with your hands clasped behind your head. You will probably get more action in the movement if you do it with arms outstretched, as in this photograph, swinging one arm high over the head as you bend over, and then reverse.

Do not do this exercise in any half-hearted spirit. Bend as far to each side as you can. This is a great liver-squeezer; it will alternately compress and stretch the internal parts, exercising a stimulating influence on the internal body and all its functions. In other words, it is a good digestion exercise, even if it is first intended for the back.

Care will be necessary, however, if there is already a prolapse of any internal organ, or any pelvic or abdominal adhesions. In these cases it will probably be better to bend a little less than the limit, gradually increasing as improvement is noted.



## EXERCISE 7

**BENDING** far backward is made more effective as an exercise if you do it with the arms stretched upward, as in this photograph, than if done with the hands on the hips. This exercise is especially important so far as the lower back, or the lumbar spine, is concerned. It is also of special value for toning up the vital organs, because of the stretching of the front of the body throughout the stomach and abdominal region.

The first time you attempt this you may not be able to bend very far back. Keep at it, stretching in each instance, and you will soon attain improvement in flexibility. Get as much action as possible into every movement.

But this exercise, as with the previous one, should be taken with care where there are prolapses or adhesions. But the greatest precaution will be needed in case of hernia or rupture. In this condition the exercise given may and probably will prove more harmful than beneficial.



## EXERCISE 8

**T**HIS movement is just the reverse of the preceding and should be done in conjunction with it. In other words, first bend far backward, then bend forward, not touching the floor but stretching the arms backward between the legs.

Not only is this an effective means of stretching the spinal vertebræ, but it is a very vigorous exercise for the muscles of the lower part of the back, which are brought into play in raising the body in each instance.

This exercise should be performed in conjunction with the preceding at least ten times, possibly twenty.





## EXERCISE 9

THIS movement is almost a complete system of training in itself, if executed with energy. It consists of rotating the entire upper body from the waist up in a circle, first around in one direction and then in the reverse. You can start by bending forward horizontally, then, swinging around, bending far to one side, then continuing backward (position caught by the camera) to a back-bend, now around to the other side, forward, and so on around. After several rotations, "reverse your engine" and execute the same movement in the other direction.

The ladies would do well to try this on their waistline. It is a perfect exercise for "improving the figure." The same to men who have to wear an extra-size belt. But all who have mechanical defects such as already mentioned should observe care when the far backward position of the movement arrives.



## CHAPTER IV

### You Are Judged by Your Chest and Shoulders

**I**N the matter of personal appearance the most conspicuous factor in your physical make-up, except for your stature, is the general set-up of the chest and shoulders. A narrow-shouldered man is not impressive. He is seen to be lacking in vigor at the very first glance. Likewise a flat-chested appearance is indicative of weakness. No one looks like a man unless he has a normal development of the shoulders and a full-chested aspect.

This is all as it should be. Power is suggested in broad shoulders and a deep chest, not merely because of the muscular conformation or development, but because of plenty of space for the heart and lungs. If you compare the body to an engine, you may assume that here are the combustion chambers. A broad chest means larger cylinders, so to speak. Taking in more air will give you greater horsepower. The physiological truth of this is undeniable. Chest and shoulder development represent power.

You will find all this exemplified in the persons of not only great athletes but others of distinct vitality. For instance, all singers possess wonderful chests combined with good shoulders. A weak, thin voice goes with a spindly physique; beautiful voices represent vigor. Study the photographs of opera singers to confirm this. Experts commenting on the physique of Jack Dempsey have particularly noted the fact that his chest and shoulders are "larger than himself"—meaning that they are

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the chest and shoulders ordinarily to be found on a man of larger stature. This fact has been pointed to as explaining his terrific hitting power. You may not hanker after hitting power, but certainly you will profit by any surplus of energy and strength that goes with a full chest and powerful shoulders.

In addition to the exercises given I recommend all outdoor sports that involve forced breathing, such as running, tennis, rowing and various games. Swimming is especially valuable; pitching hay and chopping wood can be recommended.

## EXERCISE 10A AND 10B

**A**LL arm-raising exercises are, in the nature of things, not arm exercises as such, but chest and shoulder exercises, because the muscles of the shoulders are employed in raising the arms, and the act of doing so necessarily expands and raises the chest. Just try it.

All movements which stretch the arms above the head can be recommended for improving the general posture of the body. You cannot possibly stand in a faulty position with the arms above the head. If you are looking for a soldierly bearing, this is the way to get it.

With a starting position of arms at the sides, swing the arms up sideways and high over head, repeating five or ten times. Next execute a similar movement, swinging the arms straight forward and upward high over the head. In each instance stretch vigorously upwards and observe what it does to your chest.

Because of the chest expanding nature of arm raising movements, they automatically become deep breathing exercises at the same time. Keep this in mind. Inhale deeply as you raise your arms, filling the lungs to capacity. Exhale as you lower the arms.

The first photograph illustrates also the erect military position, which this exercise will give you.



## EXERCISE 11

**C**LASP your hands behind your back, then pull the shoulders backward and downward.

This is a splendid exercise for correcting round shoulders and straightening up the body. In other words, it is a good posture exercise. It makes very vigorous use of the muscles of the back between the shoulders, as you can see from looking at the picture. Also this exercise has the effect of expanding and raising the chest, as you will find when you try it. It is particularly good in this way if you will follow closely the instructions to pull your shoulders downward as well as backward.

Execute this exercise with an energetic stretching impulse. Relax for a moment and repeat. Continue at least ten times.







#### EXERCISE 12A AND 12B

**T**O bring into play the muscles of the back of the shoulders, clasp your hands together and vigorously pull your arms across the front of the chest. The harder you pull the greater the benefit.

You can vary this by lowering the hands in front of the waistline, then placing them in front of the chest, as in the photograph, then in front of the face, and finally clasping them behind the head as in the second photograph, pulling back and forth vigorously. Repeat five or ten times in each position. The more you do this exercise, the better you will like it.



### EXERCISE 13

**T**HIS exercise is just the reverse of the preceding inasmuch as it involves pushing the hands together instead of pulling, and it employs just the opposite muscle-groups. Clasp-  
ing the hands as shown, vigorously push the arms back and forth across the chest against their own resistance; in other words, one arm resisting the other.

This is really an exercise not for the arms, but for the pectoralis muscles of the chest, the large fan-like muscles extending from the sternum or breastbone to their point of attachment on the upper arm. These large chest muscles pull the arms forward, as when one strikes or pushes or throws. Boxers always have these muscles well developed.

You must understand that the muscles of the upper arms are employed to move the forearm. The upper arm is moved chiefly by upper trunk muscles, just back of and under the arm, as well as by the deltoid on the shoulder itself.



## CHAPTER V

### Let Your Abdomen Have the Strength of Iron Bands

**J**UST as a chain is no stronger than its weakest link, so the human body is no better than its weakest part.

Observe the average man of forty or upwards who has commenced to deteriorate and become flabby. The point at which he first gives evidence of becoming soft is in the region of the waistline, that is, the waistline in front.

It is especially important that one should have athletic strength about the stomach and in the abdominal region, because here is a region that is not protected by any bony support as in the case of the chest. The heart and lungs are sheltered by a large basket of ribs which are both strong and elastic. Below this cage of ribs, however, the vital organs are protected only by muscular walls, and it is essential that these should be firm and strong.

One of the most common of modern complaints is that of *hernia*, usually called "rupture." Perhaps you know that rupture can be prevented by such exercises as will build abdominal walls which have the strength of iron bands. Prize-fighters pay especial attention to strengthening these muscles because often they must resist a blow in the "stomach." If one has enough development of the abdominal muscles, an opponent may hit him just above the belt with all his might, without materially hurting him.

You have an opportunity to build such muscles by two or three simple exercises, not only so that you may avoid rupture and protect the vital parts, but even so that you

### LET YOUR ABDOMEN HAVE STRENGTH

may keep the internal organs well toned up and vigorous, and avoid that prolapsus or sagging down of internal parts which the doctors tell us is common in most people.

You can strengthen your power of digestion and assimilation by these exercises.

## EXERCISE 14

THE "old reliable" or standard exercise for the abdominal muscles, or for "reducing the waist" as they say, is that of lying upon the back and then rising to a sitting position. This is best done with the arms folded as in the photograph, lying down, rising, and repeating ten to twenty times. You can do this by stretching the arms above the head, but the objection to that is that the swinging of the arms tends to give momentum to raise the body, whereas it should be accomplished by the muscular effort of the abdominal muscles alone. The exercise is easier if the feet are braced under some heavy piece of furniture, but it is better to do it unassisted, holding the feet down by concentrated mental effort, as it were.

This exercise can be supplemented by the raising of the legs while lying on the back, either to the vertical position or bringing them way back to touch the floor with the toes beyond the head.

In case of rupture or weakened abdominal walls from operation this exercise should be avoided, though in some cases it may cause no trouble if the arms are first placed overhead and flung forward at the beginning of the movement, as momentum.







## EXERCISE 15A AND 15B

**H**ERE is a more advanced stomach and abdominal exercise and one which is used by professional athletes to secure the maximum of development. It is included in the training scheme of every professional boxer.

You need not only a good stool to sit on, but some heavy piece of furniture, a piano or an iron safe not being absolutely necessary, by which to hold down the feet while taking the exercise. Clasp your hands behind your head and lower the body till the head almost touches the floor, rise to a sitting position and repeat ten times.

Do not attempt this exercise until you have assurance that you are strong enough to do it without strain. If you will practice on the preceding floor exercise for two or three weeks, then you may be ready to undertake this one. Later you can vary the movement by twisting the body slightly or by doing it in a circular manner.



## EXERCISE 16

**Y**OU do not need to be a hand-stand expert to enjoy the benefit of this exercise, which you can do in front of the wall or door. Place the hands on the floor about two feet away from the wall, then throw your feet up against the wall as in the photograph.

While you might suppose that this is primarily an exercise for the arms and shoulders, the purpose is really to correct any prolapsus of the vital organs and to readjust or balance the circulation of the blood. Especially after prolonged standing the blood tends to gravitate into the lower part of the body, particularly in the large veins in the abdomen. This position automatically corrects such a tendency and also brings the stomach, liver and other organs up to their proper position.

In this way this exercise, which is merely a matter of taking this position two or three times in succession, will act as a tonic. But it is not to be recommended when there is high blood pressure, or organically weak heart or lungs.



## CHAPTER VI

### Arms and the Man—With a Grip of Steel

**W**HILE it is true that, as I have already said, the arms are not so much neglected in ordinary life as the muscle groups of the trunk of the body, yet a truly athletic quality of strength in the arms always lends a certain distinction.

Naturally you cannot depend upon the occasional or accidental use of your arms to build up as much strength as you should normally have. If your everyday life happened to call for chopping wood, piano moving, pitching hay, or handling trunks and heavy baggage, then you would not need to feel at all concerned about your arm development. But if you are like most people who have their arms put to the test perhaps a few times in a year, then you will see that some regular exercise each and every day is a practical necessity.

Arm development is a very simple matter. Muscles grow strong only by effort accomplished against resistance. You do not need dumb-bells or elastic wall exercisers, for you can use the weight of your own body to supply resistance against your muscles. This doesn't mean that I do not recommend elastic or spring wall exercisers or dumb-bells in case you have them. Personally I use the wall exerciser or chest weights when they are available, and they are excellent for arms and shoulders. They do not accomplish so much for other parts of the body. That is why I mention them here.

But if you do not have any of these things, you can still get exercises enough to make your arms powerful, par-

## ARMS AND THE MAN—WITH A GRIP OF STEEL

ticularly by doing the push-up and pull-up for the extensor and flexor muscles of the upper arms, commonly known as the triceps and biceps.

I am including some exercises for the grip, which of course includes the wrist and the muscles of the forearm. Find a particularly well rounded and well developed forearm and always you will find a powerful grip, coupled with strong wrists.

A man is known more or less by the quality of his grip. It is a distinguishing mark of the true athlete. It is always suggestive of nervous energy. Shake hands with a man and immediately you have him sized up, and likewise he has you sized up. The strength and vigor with which each of you takes hold tells the tale. You will find the stick-twisting or "wringing" movements which I have illustrated for strengthening the grip, wrists and forearm to be as effective as they are simple in helping you to acquire a grip of steel.

## EXERCISE 17

THE pushing up of the body by the strength of the arms alone brings into action those extensor muscles on the back of the arms known as the triceps.

This push-up is often called the "dip", and may be performed on a level floor with the body held straight and rigid, lowering the chest to the floor and pushing up again to arms'-length. It is easier if performed, as in the photograph, with a table, or between the arms of an arm chair.

Hold the body rigid, bend elbows, lowering the body, and then push up to arms'-length, repeating ten times. If this is too easy, do it on the floor, and later on use the idea presented in the next exercise.



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EXERCISE 18A AND 18B

THIS manner of doing the dip represents what one might call an advanced exercise, being a more difficult or more vigorous version of the "dip" or push-up illustrated in the preceding photograph.

The two photographs presented here are self-explanatory. The dip is performed with the feet elevated on a chair or table, thus throwing comparatively more of the weight of the body upon the arms. If you are not able to do this at first, practice the exercise on the level floor alone for two or three weeks. When you can do this with the feet on a chair you will find it extremely interesting.



#### EXERCISE 19A AND 19B

**T**HIS pull-up or "chin-ning" exercise is the classic or standard exercise for the biceps. The only thing needed is any bar or support above the head, of which you can take hold for the purpose. Sporting goods stores sell a short bar which can be attached in a doorway, near the top of the door frame, and which may be used for the purpose. It is well worth the price for the sake of the strength to be developed by its use.

It should be said that chin-ning is not accomplished merely by the biceps muscle, which bends the arm at the elbow, but also by the latissimus dorsi under the arm, forming the back of the arm-pit, which is very powerful and which serves to pull the arm downward in performing this exercise.

Nearly every man can chin himself once or twice. Can you do it ten times, or twenty times? Keep on practicing until you can.

You can reverse the position of the hands for variety, turning the palms toward you.





## EXERCISE 21

**T**HIS exercise in stick-twisting represents just the reverse of that given in the preceding photograph. In this case we are starting with the wrists already turned inward, taking a strong grip and then turning the wrists outward against each other's resistance. This movement, of course, uses just the opposite set of muscles to that in the preceding exercise. After a vigorous effort, relax, repeat the movement and continue for perhaps ten times.

You will gradually find your hands getting stronger if you will persistently practice these exercises without fail every day. You can do them with a walking stick, but it is much better to have a stick of larger diameter, like a curtain pole, so that you can take a better hold.



## EXERCISE 22

**H**ERE is still another variation of stick-twisting, for wrists and forearm muscles. In this case your stick is held horizontally in front, taking hold in the same way with both hands, that is to say, with both palms turned down and knuckles upward.

Now twist in opposite directions with the two hands, taking hold tightly, first lifting with the right hand, turning downward with the left hand; then reversing, lift with the left hand and twist downward with the right hand. Repeat ten to twenty times.

Taking hold of your stick in this way, there is another exercise which will complete the all-round use of the wrist and forearm. In this instance bend both hands outward as if you were trying to break the stick upward, that is to say, pushing up with your thumbs, pressing down with the outer edges of the hand. Relax and repeat a number of times. The reverse of this is accomplished by taking hold of the stick with both palms upward and then making the effort to break the stick downward. That is to say, pressing up with the thumbs and downward with the little fingers.





## CHAPTER VII

### Exercise for the Legs

**I** HAVE placed these exercises for the legs last in order, not because they are least in importance, but because legs are usually the least neglected of all parts of the body.

We all do a little walking in spite of ourselves, and in doing so the muscles of the legs carry the weight of the body, but this doesn't mean a really good development.

You have never enough strength unless you have more than enough. You cannot walk unless you have strength enough to run. That is why special exercises are absolutely necessary.

Running is an ideal exercise for the legs. Long distance running at a slow speed doesn't call for great strength and will not build up the legs. Sprinting, or fast running, calls for intense muscular effort and power and, therefore, will develop powerful leg muscles. Therefore, a little fast running every day constitutes an ideal system for developing the legs. The same may be said of jumping. Running upstairs may be recommended.

Apart from outdoor sports, one of my favorite exercises is that of dancing. If I am a good dancer it is because I have the muscular development, which is the very foundation. Nevertheless, you will find dancing in itself a valuable means for developing the legs, especially in the case of the tango. The ordinary fox trot as usually

### EXERCISE FOR THE LEGS

done doesn't amount to much as a strength-building exercise, although it is beneficial, just as is walking.

In the absence of running, or other satisfactory leg exercises, you should make the following movements a part of your daily routine.

## EXERCISE 23

**T**HIS photograph illustrates what is called deep-knee-bending, meaning bend the knees and lower the body to a squatting position, then rise to a standing position, repeating and continuing for ten or twenty times. In each case as you rise to the standing position, rise high upon the toes, thus bringing into action the muscles of the calves.

If this seems too easy, the exercise can be made very effective by adding some weight in the way of any heavy object, for instance, a bar bell held across the shoulders, or a child carried on your back, or any convenient object. This will add to the resistance, making the exercise more vigorous.

Organic heart and lung diseases will make it necessary to avoid this exercise, at least the more strenuous manner of performing it. The same holds true of the next exercise.



## EXERCISE 24A AND 24B

**DOING** a deep-knee-bend on one leg, as illustrated in these two photographs, partakes of the nature of a stunt the first time you do it. It is regarded by many as a test of strength and co-ordination. If, however, you eventually find that deep-knee-bending on both legs, as in the previous exercise, is too easy, then you may confine yourself to this exercise, squatting and rising first on one leg half a dozen times, and then on the other.

It is most readily done by stretching the arms forward and thus maintaining your balance as you go up and down. I suggest that you do it the same number of times on each leg.





## CHAPTER VIII

### Better Eating for Harder Working

**I**F there really is any relationship between eating and energy, you will want to know it.

If it is possible greatly to increase one's capacity for work through a change in diet, you will want to know it.

Eating is an important function. For some people it is the greatest worldly pleasure. Some eat to live; others live to eat.

And yet eating is the one thing about which nearly everybody knows nearly nothing.

To develop efficiency through eating, one must consider just what he is eating for. Is it for safe-moving, or for brain work? If your business is carrying pianos upstairs, a pretty good dietetic rule would be—eat all you can get. But if you have any mental problems to solve, you will be able to think better with an empty stomach.

An over-loaded stomach is the greatest of all handicaps to clear thinking. Too much eating is almost as bad as too much drinking. It is a case of full stomach—empty head.

While the best work is done upon an empty stomach, it will be found suitable for the brain worker to take a light breakfast, a very light lunch, and a substantial dinner at the end of the day. This plan will give the sedentary worker all the food he needs and will be sufficient to maintain his strength, even taking into consideration such gymnastic exercises as he may practice.

The reason why novelists and other writers sometimes prefer to work far into the night, is, whether they know



## BETTER EATING FOR HARDER WORKING

it or not, because of the stomach emptiness which they experience at midnight and after, thereby giving a clear head. A big dinner at noon-time will make you mentally sluggish for, or may put you to sleep while at your afternoon's work. For these reasons, a light breakfast of fruit, with a little cereal, and a lunch consisting of little more than a baked apple and a glass of milk, will be found most suitable to working efficiency. If you follow such a plan you will find that when the evening meal arrives, you will be able to "go to it" with appetite and relish. And remember that better appetite makes for better digestion, just as does enjoyment of food. In other words, the old saying, "Work before play," could well be paraphrased, "Work before eating." But there is no iron-clad rule that will apply to everybody.

I would not pretend to tell others just what they should eat, for the reason that tastes vary, and what is one man's meat is another man's poison. But there are some rules that work out pretty well in nearly all cases.

One of the most important of all rules, as I have found it, is to eat plenty of fresh fruits. I personally eat fruit in great quantities, and also I drink a lot of water. Both fruit and water help to keep the system regular, clean and wholesome. Fruit serves much the same purpose as fresh vegetables and green salads, but I am sure that most people do not eat enough fruit.

On the other hand, most people eat too much sweet stuff. They would be better off if they would let sweets alone, or if they ate very small quantities. I personally never eat any rich pastries or very sweet desserts. Also I never eat ice cream. For one thing ice cream is too rich; for another thing it is too cold; and finally in many cases you do not know what it is made of.

I regard a considerable amount of fruit as necessary

## HOW YOU CAN KEEP FIT

in order to make up a balanced diet. For the same reason a considerable *variety* of food is desirable, because if you have enough variety you are almost sure to have a fairly balanced diet in spite of yourself. This does not mean that you must eat too many things at one time; but a variety of food from day to day will make certain that your body can get what elements it needs.

I am not interested in fads or extremes in diet, such as vegetarianism and that kind of thing. I think most people do eat too much meat. But I certainly would not avoid meat entirely, or advise others to do so. It is enough, however, if you eat meat once a day. Some people get along better by eating meat two or three times a week.

You hear a great deal these days about vitamins, but you need not worry about them if you have a variety of good fresh food. I never met a vitamin, that I remember—but neither did anybody else. As I understand it, it is still a question in the minds of scientists as to whether a vitamin is a particular thing or whether it is just a condition. At all events I understand that certain chemicals destroy vitamins, while long cooking at a high heat will do the same thing. On this basis, a vitamin might be either a substance, or a condition of the food elements. The best authorities say that you will find them in abundance in fresh fruit, in milk, in all green salads and in freshly cooked vegetables.

Food experts also, in late years, have emphasized the value of mineral salts, in other words, the organic salts of iron, lime, magnesium, iodine, potassium, phosphorus, and others, which are found in fresh vegetables, fruits and milk in such a form that they are readily converted into blood and flesh. In their mineral form, some of these are poisonous. You must take them in plant form.



A powerful back is the foundation of all bodily strength

## HOW YOU CAN KEEP FIT

They have an important function in balancing the diet, so that the body may be chemically balanced. If you eat too much meat, too much sugar, too much starchy food, you produce an acid condition of the blood. One must therefore not eat too much of these, and enough fruit to balance them. Milk is a perfect food in itself and can be recommended if it agrees with you and you like it. Whole wheat bread is far better than white bread.

It is an interesting fact that Italian food in general stands very well in the light of modern scientific knowledge. The Italians use a great deal of fruit; in fact, just plain fresh fruit is the regular dessert for an Italian dinner. Also they use fresh vegetables and salads in very great abundance. A first-class Italian dinner, such as you can get in a good Italian restaurant, is always a pretty well balanced meal, from the standpoint of scientific diet as the authorities now outline it. There is a relish of green foods, then a wonderful vegetable soup, spaghetti, meat served with vegetables, and a salad; finally fruit, possibly cheese, and a demi-tasse. That makes quite a meal; but if you eat only one big meal it is none too much. You can digest such a dinner and build strength on it.

Of course it is first of all necessary to use common sense in eating. Do not attempt to eat too much. Find out what agrees with you. If a certain food does not agree with you, let it alone, no matter what some expert on diet tells you. If you are too fat, you will have to eat less food, as well as take more exercise. Even if you think you are not eating too much, the fact that you are too fat is proof that you eat more than you need. You will have to eat just a little less in order to reduce weight, and you will have to stick to that programme. Just as

## BETTER EATING FOR HARDER WORKING

soon as you begin to eat too much you will begin to get fat again, if you are inclined to take on weight.

If you have any stomach trouble, the best thing you can do is to drink hot water, especially in the morning. You should drink plenty of water, and science now tells us we may drink as much as we like with our meals, provided it is not too cold. Ice water chills the stomach and prevents digestion. It is dangerous, too, to drink ice water after vigorous exercise, when your body is overheated. You can drink a little lukewarm water following exercise, and it will do you good, but not cold water.

Remember, it is not what you eat, but what you assimilate that gives you strength. Often a decrease in the amount of food taken means an improvement in digestion, greater energy, and even a gain in weight.

Eating without appetite is a dietetic crime. Unwanted food is only a burden to the stomach and a tax upon one's energy. If not hungry at meal-time, wait until you are hungry. Enjoyment of food is important.

Don't bolt your food down; don't wash it down with coffee or any other beverage. Chew your food well so that digestion will be started through the action of the saliva before the food reaches the stomach.

Don't eat when tired, angry, excited, or in any other emotional state that interferes with the appetite and relish for food. It is a crime to eat while in such a condition. Anger prevents digestion. If you feel too tired to eat and to enjoy your food, lie down and rest even for five or ten minutes.

## CHAPTER IX

### Keeping Clean Inside and Out

"CLEANLINESS is next to godliness."

This is the expression of a great truth.

Did you ever stop to think of how much the world pays in money, in time and in trouble in order to keep clean? It takes work as well as expense to maintain cleanliness of person, of clothing, of homes, of public buildings and of streets. But it is worth it.

But it is not enough to keep a clean skin. Internal cleanliness means even more. The fact is that health is almost entirely a question of clean blood and clean bodily tissues. Ill health is almost exclusively a matter of poisoning the body either by waste products generated in the body itself which are not eliminated, or by introducing external poisons. Muscular fatigue is merely a condition in which the muscles are choked and stiffened by an accumulation of the waste-poisons or fatigue-products of the body itself.

Internal cleanliness, therefore, is a matter of active elimination. Keep your blood clean and your tissues clean.

Exercise is the greatest of all tissue cleansers, because it makes for an active circulation of the blood so that wastes and impurities are carried out of the tissues and eliminated. Lack of exercise means stagnant circulation, and that means an accumulation of dead cells and waste matter throughout the body.

Perspiration, in other words, is a great body cleanser.



## KEEPING CLEAN INSIDE AND OUT

If you perspire freely, especially as a result of active exercise, you will keep your tissues clean and healthy.

You can forget all of the other things that I have mentioned in this book, but if you will keep this last thought firmly fixed in your mind, you will have the most important factor in the scheme of keeping fit that you could possibly learn. This is a fundamental and all important fact about human health. The instructions to "earn your bread by the sweat of your brow" had a direct bearing on health and wholesomeness. You should live such a life that you perspire freely at least once every day.

A hot bath is of value not only because it cleanses your skin, but because it is internally cleansing as well. A hot bath increases the activity of the pores, and the poisons are eliminated through them. The same is true of a Turkish bath (or even the old-fashioned foot-bath, while wrapped up in blankets in a warm kitchen, combined with the drinking of hot lemonade). Anything that makes you perspire is cleansing, but it is best of all if you accomplish this through exercise.

Of course too many prolonged hot baths are inclined to be weakening, but one should ordinarily take a couple of warm baths each week. One should always have a cold shower after a hot bath, however, and if there is no overhead shower, one should have a hand spray for the purpose. The ideal plan after exercise is to have both warm and cold showers, using the warm shower with soap to wash off perspiration, and then turning on the cold water.

A cold bath in the morning may be used as a constitutional tonic. Cold water doesn't have much effect in the way of cleansing the skin, but it has a very pronounced effect on the circulation of the blood and upon the nervous

## HOW YOU CAN KEEP FIT

system. It tones up your nerves as well as your blood vessels. It is also a tonic for the heart.

The best way to take a cold bath is to go swimming in a large body of water. In that way you combine the finest exercise in the world with the tonic effect of the cold water. It is of great benefit if you don't stay in the water too long. If you are thin and the water is very cold, you must be careful, for it is easy to overdo it.

But probably you cannot go swimming all the year around unless you live in a city where there is a swimming pool convenient. In any case you can enjoy the benefit of a cold bath either in the form of a tub bath or as a cold shower.

There are two or three rules to observe in connection with taking a cold bath which are very important if you are thin or delicate. Remember that the benefit comes not from getting chilled, but from the reaction of warmth that follows contact with cold water. If you are strong, you can do an imitation of a polar bear at any time and benefit from it. But if you have poor circulation and dread cold water, you must be careful. The need is that you should enjoy the sensation of cold water and feel warm immediately after.

To react properly you should feel thoroughly warm before plunging into cold water. In that case it will feel good. If you are chilly before the bath, it will be very difficult for you to react.

Another matter of importance is the temperature of the air. It is much better to take a cold bath in a warm room. If the air is cold it is much harder to recuperate. If you are very strong these points are not of much importance, but if you are only trying to get strong, consider them carefully. Don't have the water too cold.

Dress as lightly as possible at all times. That is to



### KEEPING CLEAN INSIDE AND OUT

say, use only enough clothing to keep warm. Let the air come in contact with your skin, and get as much sunshine as possible. A sun bath is a tonic and will help one to build good blood cells. But it is easy to get too much sunshine, especially if you have fair skin. A good rule is to avoid sunburn. If you do not have enough exposure to cause sunburn, it is not likely that you will hurt yourself.

Sunshine, air, water—these are important factors in health. See that you have enough of them.

## CHAPTER X

### Building an Iron Constitution

**I**F you have gathered the impression that the exercises offered in this book are merely intended to build muscles or muscular strength, then you must understand that the real purpose is building a strong constitution. Keeping fit is a matter of toning up nerves and vital organs as well as muscles. The muscular system fortunately offers a medium by which you can build up your nervous system, your circulatory system, your digestive system; in short, the whole body generally.

The exercises which I am offering in this book will build you up and keep you vigorous. They are corrective of bodily faults and defects, but I would recommend certain constitution-building exercises in addition. In other words, you should try to spend a couple of hours, if not every day, then as often as you can, in outdoor recreations such as walking, riding, golf and other pastimes that help to build endurance.

A daily walk is often called a "constitutional," because it keeps one's lungs working and one's blood circulating for a considerable length of time, and this has a tonic effect in every way. That is why many men keep fit by playing golf. It gives them a whole afternoon in the fresh air and the sunshine. If you cannot manage to spend three or four hours in the open air each day, then you should do so as often as possible so that, taken week by week, you spend a great many hours in the open. There is no such thing as a completely satisfactory

## BUILDING AN IRON CONSTITUTION

scheme of keeping fit unless you can get outdoors a part of the time.

I have not given any special breathing exercises, because the ideal way to get benefit through deep breathing is to take exercises that will force you to breathe deeply. Further than that, the time for deep breathing is in your daily walks in the open air, or in conjunction with other outdoor recreations.

A certain amount of common sense is necessary in regard to how much exercise you take, as well as when to take it. There is a great tendency for one who has not been accustomed to physical training to get enthusiastic and do ten times as much work as he should. If you are not used to exercise, it is necessary to be very careful. Do a little and do it regularly. The purpose is not to exhaust yourself, but to stimulate your system so that you will build strength. You should stop while you still feel strong and fresh, for restraint in exercise is like restraint in eating. You are really concerned with the energy that you build in the process of recuperation. You use up strength in your exercise so that your system will be stimulated to build more strength—remember that.

Recuperation is also a matter of sleep. Different people may need varying quantities of sleep, but the real secret is to get to bed early enough so that you will wake up in the morning at a respectable hour and feel fully refreshed. The great test is, do you feel fresh or tired when you wake up?

The time for taking your exercise will depend somewhat upon personal convenience. With many people, the first thing in the morning seems to be the most convenient time. Exercises on arising will wake you up and make you feel fine. If you are lacking in energy, however, it is not such a good time. Much exercise in the

## HOW YOU CAN KEEP FIT

morning may use up considerable of your energy and possibly leave you tired for your day's work. In other words, an athlete may advantageously take a lot of exercise in the morning, and that is my own favorite plan, but if you are not strong it is better to save your energy for your day's work and to take your exercise in the evening. In that way your exercise will be a refreshing change, and will prove stimulating after your nerves are tired from your work.

You may conveniently take your exercises before going to bed, providing you don't find that they wake you up too much. In some cases it works out that way. The ideal time for the average man is about five-thirty or six o'clock, after the day's work, but before dinner. Exercise in the late afternoon is restful and refreshing and, if then followed by a bath, leaves one with a good appetite for dinner and an all-round sense of well-being.

In other words, the time you should take your exercise will depend upon your own personal convenience, keeping in your mind the considerations that I have just mentioned.

Build up a body that you can be proud of. Personally, I take pride in my strength and physical vigor. So long as I remain proud of my body, I will be sure to take good care of it. The same should apply in your own case. Are you proud of yourself? You may be proud of the qualities of your mind, but are you proud of your physical condition? You can be if only you wish to be.

I am offering this little book in the hope that it will prove a stimulant to others and be of practical service.

[THE END]

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